

Story-at-a-Glance

- ▶ Coronary Artery Disease is one of the major heart diseases. It is due to blockage happens in coronary artery.
- ▶ Two types of treatment options available for patients with coronary artery disease.
- ▶ Invasive treatment
- ▶ Non-invasive treatment
- ▶ Invasive includes
 - ▶ CABG - Surgical procedures with high risk and complications.
 - ▶ Angioplasty – Invasive procedure inserting balloon into the blocked coronary Artery.
 - ▶ Non-Invasive - EECP treatment without risk restores the blood supply beyond blocked arteries naturally.

What is heart disease? How it is treated?

Heart is one of the most important parts of our body, which pumps continuously from the day you are born to your last breath. Heart is the organ which continuously pumps from the day of birth. For pumping it requires more energy. So that nature has provided three main vessels we call as coronary artery which supplies blood to heart itself. Heart is the organ which supplies blood to the entire body. These coronary arteries are the main artery which supplies blood itself to the heart muscle. There are many diseases which affect the heart. In that the most common and deadliest is what we called as coronary artery diseases.

So what is coronary artery disease? It is the blockage which happens in the coronary artery. So that blood flow into the heart muscle is stopped or it is blocked. Wherever there is an obstruction which can happen in the coronary artery the blood to the proximal part or the distal part of the vessels is blocked. So there is deficiency of the blood flow to the heart muscle. When there is deficiency of blood flow to the heart muscle we call it as ischemia and the patient develops symptom called chest pain (Angina). Whenever the patient exerts himself like walking, it causes a chest pain because of the deficiency of blood flow. This deficiency of the blood flow is identified by many investigation procedures. But once they identified that the patient has coronary artery blockage by simple non-invasive test like a ECG or treadmill. The physician put him on, what we call as medical management.

There are lot of options available for these patients who have blockage in coronary artery either they have to go for a medical management. When it is optimal or maximal still the patient complaints of chest pain and poor quality of life in that case there are other treatments

which is available for these kind of patient called as invasive and non-invasive treatment. In the non-invasive one of the important treatment option for this patient is enhanced external counter pulsation. It is absolutely a non-invasive treatment. Also the patients can be offered bypass or angioplasty. So let's look at what is done in a bypass surgery. Now we know the problem now is the heart feel is the lack of blood flow beyond the blocked artery. so what done in bypass surgery is they open the chest and it is the major surgical procedure which does have lot of complication and risk and now when they open the chest cavity and they take the graft or an artery either from your leg and it called as saphenous graft or it is an artery which is taken from the chest called internal mammary artery.

These grafts are positioned so that the blood can detour through this vessel and supply the area with lack of blood supply. So it can able to restore the blood supply to the area which is deficient because of the blockage in coronary artery. Once the blood flow is restored the patient's chest pain comes down and he can walk more distance. Now for some patients the cardiologist offers what we call is angioplasty. Angioplasty involves inserting the balloon in to the blocked artery. So that the block is open or block is pressed against the vessel wall and then to prevent it by reclosure they put wire mesh which is called a stent and now again the blood flow is restored to the deficiency area and the patient is free of symptom.

Now the third method which is coming up which we want to go in details is enhanced external counter pulsation. This is absolutely a non-invasive procedure which acts similarly to what an aggressive exercise do. So it pushes the blood from leg towards the heart. There is the high blood flow in volume, velocity and pressure because of the high blood flow the blood tends to find some way across these blocked arteries and we call as collateral. By angiogenesis new vessels are formed over the blocked arteries. So that now blood can able to detour the blocked arteries by naturally formed new vessels or micro vessels. These vessels are able to carry blood to deficient area and restore the blood supply. EECPP is an absolutely a non-invasive

treatment. It does not carry any of the risk involved in CABG or PTCA and the quality of life improvement is attained almost 95% of the patient, so these are all the options available and one thing I want to point away weather it is CABG or PTCA both are invasive and they required to do an angiogram before this procedure is done and EECP is absolutely a non-invasive treatment Where you able to take the treatment even without undergoing an angiogram and the main important thing is all this treatment work in a similar principle of restoring the blood supply beyond the blocked arteries.



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Heal Your Heart is a Franchisee Unit of Vaso-Meditech Pvt Ltd , who are the Largest Vaso-Meditech Enhanced External Counterpulsation (EECP) Non Surgical Cardiac treatment Provider in India. The Franchisee Unit offers investment, Clinical and technical support for Vaso-Meditech EECP treatment. The Experienced staffs and distinguish clinical service coupled with web based patient management system make Heal Your Heart as as preferred choice for Non-Invasive Cardiology.

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